

Monday

Tuesday

Wednesday

March
is an odd month.
A few "Special"
days are listed
below.

NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

4

10:45 Dancing, Social Hall
11:45 Lunch
Baked salmon stuffed w/ crab,
whole grain couscous w/ onion,
green bell peppers & mushrooms,
string beans, broccoli raisin salad
1:00 Big Bingo



5

10:00 SALA Appointments
11:45 Lunch
Vegetarian chili beans, cornbread,
California blend veggies, cabbage salad
w/ egg, gelatin w/ fruit
1:00 Movie: Won't Back Down
4:00 Wii Bowling



6

10:30 Line Dancing, Social Hall
11:45 Lunch
Teriyaki chicken, brown rice, Japanese
blend veggies, salad, fruit
12:45 Bingo, Social Hall
5:30 Movie: Won't Back Down

FUN FACTS ABOUT NAMES DAY

11

8:30 HICAP
10:45 Dancing, Social Hall
11:45 Lunch
Chili Verde (chicken), tortilla,
fresh refried beans, green salad
w/ cabbage, fruit



12

9:10 Eyeglass Repair
10:00 SALA Appointments
10:30 Book Club "Flight Behavior"
11:45 Lunch
Breaded fish, whole grain bread, chef's
blend veggies, red potatoes, fruit
1:00 Movie: Man on a Ledge
4:00 Wii Bowling

13

10:30 Line Dancing, Social Hall
11:45 Lunch
Beef stew w/ carrots, peas, onions,
celery, potatoes, coleslaw, fruit
12:45 Bingo, Social Hall
5:30 Movie: Man on a Ledge



OPEN AN UMBRELLA INDOORS DAY

18

11:45 Lunch
Spaghetti w/ meatballs, garlic
bread, Italian veggies, green
salad, fruit
2:00 Newcomer's Group



AWKWARD MOMENTS DAY



19

10:00 CSA Information and Referral
11:45 Lunch
Ron's special chicken, whole grain
bread, mixed veggies, sliced tomato &
bell pepper salad, fruit
1:00 Movie: Safety Not Guaranteed
4:00 Wii Bowling



LET'S LAUGH DAY
MARCH MADNESS BEGINS



20

10:30 Line Dancing, Social Hall
11:45 Lunch
Chop suey (pork) w/ bok choy, onions,
celery, bean sprouts, brown rice,
cabbage salad, fruit
12:45 Bingo, Social Hall
2:00 Senior Advisory Committee
2:30 Workshop: Digital Photos
5:30 Movie: Safety Not Guaranteed

25

10:45 Dancing, Social Hall
11:45 Lunch
Chicken pot pie w/ mixed
veggies, salad w/ broccoli, fruit



LETTING GO OF STUFF DAY



26

9:10 Eyeglass Repair
11:45 Lunch
Meat loaf, whole grain bread, mixed
veggies, mashed potatoes, fruit
1:00 Movie: Bernie
1:00 HICAP
2:30 'Hot Cup of Talent Joe' Talent Show

27

10:30 Line Dancing, Social Hall
11:45 Lunch
Baked breaded fish, brown rice,
peas & pearl onions, carrot raisin
salad, fruit
12:30 Alzheimer's Screening
12:45 Bingo, Social Hall
5:30 Movie: Bernie

Thursday

Friday

Green Goddess Slaw

Ingredients

¾ cup reduced-fat mayonnaise
 ¼ cup fat-free sour cream
 2 tablespoon white wine vinegar
 3 anchovy fillets
 3 scallions, white and light green parts, chopped
 2 tablespoons chopped chives
 2 tablespoons chopped fresh parsley
 1 tablespoon chopped fresh tarragon
 1 teaspoon chopped basil
 1 tablespoon chopped shallot
 1 clove garlic, chopped
 1 teaspoon grated lemon zest
 1 tablespoon lemon juice
 Salt and pepper
 2 12-oz. bags broccoli slaw
 1 sweet onion (such as Vidalia), thinly sliced

Preparation

To make dressing, puree all ingredients except broccoli slaw and onion in a food processor until smooth. In a bowl, toss slaw, onion and dressing until well combined.
 8 servings



1
 10:30 Blood Pressure Check
 10:45 Dancing, Social Hall
 11:45 Lunch
 Linguine w/ tuna w/ spinach & red bell peppers, green salad, fruit
 1:00 Movie: Trouble With The Curve

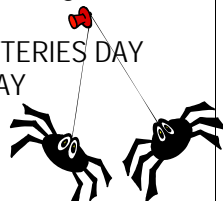
7
 8:30 Notary
 10:00 Bookmobile
 11:45 Lunch
 Hot turkey sandwich, cranberry sauce, whole grain bread, roasted onions, green beans & carrots
 1:00 Workshop: Graveyard of Ships

8
 10:30 Blood Pressure Check
 10:45 Dancing, Social Hall
 11:45 Lunch
 Pasta & beef w/ onions & tomatoes, pasta, broccoli & carrots, pears
 1:00 Movie: Won't Back Down
LEARN WHAT YOUR NAME MEANS DAY



14
 10:00 Bookmobile
 11:45 Lunch
 Breaded oven baked chicken, brown rice, broccoli & carrots, salad, fruit
 1:00 Workshop: linkAges

CHECK YOUR BATTERIES DAY
 SAVE A SPIDER DAY

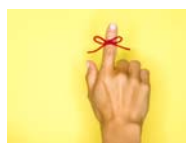


15
 10:30 Blood Pressure Check
 10:45 Dancing, Social Hall
 11:30 City Council Meet and Greet
 11:45 Lunch
Corned beef, cabbage, carrots, potatoes, whole grain roll, special dessert.
Happy St. Paddy's Day Lunch
 1:00 Movie: Man on a Ledge

IDES OF MARCH

21
 10:00 Bookmobile
 11:45 Lunch
 Chicken rice soup w/veggies, dinner roll, green salad w/ tomatoes, carrots & egg, fruit
 1:00 Workshop: Social Security Updates

MEMORY DAY



22
 10:30 Blood Pressure Check
 10:45 Dancing, Social Hall
 11:45 Lunch
 Chef's choice fish, frown rice, peas & pearl onions, green salad w/ broccoli, fruit
 1:00 Movie: Safety Not Guaranteed

INTERNATIONAL GOOF-OFF DAY
 AS YOUNG AS YOU FEEL DAY



28
 10:00 Bookmobile
 11:45 Lunch
 Lasagna, corn w/ red bell peppers, coleslaw, fruit, special dessert
 Spring Celebration- Hat contest (prizes for funniest, most original & prettiest hat)
 1:00 Workshop: Preventing Falls

29
 10:30 Blood Pressure Check
 10:45 Dancing, Social Hall
 11:45 Lunch
 Breaded boneless pork chop, brown rice, five way blend veggies, tossed salad, fruit
 1:00 Movie: Bernie